

Friday

Partly cloudy  
Lo: 62°F  
Hi: 83°F

Saturday

Partly cloudy  
Lo: 63°F  
Hi: 84°F

Sunday

Chance of thunderstorms  
Lo: 64°F  
Hi: 85°F

Little Rock receives first C-130Js

See Page 3



AF boxer Armed Forces champion in weight division

See Page 3B



# Sheppard Senator



Combat Capability Starts Here

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## One-stop Kiosks available at five locations

By Jeff Karth

82nd Comptroller Squadron accounting liaison

Taking care of financial and personnel issues got easier here with the new Air Force One-Stop Kiosk.

1st Lt. Robert Clay, the 82nd Comptroller Squadron's financial services flight commander and base kiosk project manager, said the new computer system allows Airmen the flexibility of using financial services without having to go to finance.

"It really helps those individuals who don't have access to a computer to get the information they need in a timely manner," Lieutenant Clay said. "It also helps reduce our students need to miss important class time and military formations."

Five kiosks have been placed throughout the base at the post office, south fitness center, student activity center, Bldg. 402 and the hospital. Plans to move a machine to the BX are in the works.

The AF One-Stop Kiosk is a part of an ongoing Air Force Customer Service

Transformation initiative. Installation of kiosks throughout USAFE, Lackland, Keesler, Goodfellow, Wright-Patterson and Eglin Air Force bases is the first phase of a three-phase installation plan designed to improve the quality of life and enhance mission readiness of military personnel.

Lieutenant Clay said the Air Force has made tremendous investments over the last several years developing Web sites that deliver information and services. However, people without Internet access at home or at work do not have access to essential information unless they can physically visit an on-base customer service office.

DynaTouch Corporation, who has produced similar information systems for other Department of Defense organizations, produced the kiosk. The kiosk helps members gain access to customer service offices such as finance, military personnel flight and the civilian personnel flight.

The Kiosks also provide informational links to the local community. Some local information links includes: churches, schools, housing, family support centers

and various other local web sites for people transitioning into the area.

The machine can also print out information and forms as well as collect data on customer satisfaction through a quick survey available in each kiosk. Military, retirees and civilian personnel benefit from using the kiosk.

There is virtually no operation down time for the machine. When the kiosk becomes inoperable, the main computer hub in San Antonio stops receiving information from the unit and informs the kiosk manager.

"If the kiosk is off line for any reason, DynaTouch contacts us so we can fix the problem quickly," Lieutenant Clay said.

This can be a tremendous help to approximately 70,000 students who come to Sheppard each year for training.

"A lot of people have asked me what the machine is for, so I tell them to check it out, and from my observation, they all seem to like it," Lieutenant Clay added.

For questions about the AF One-Stop Kiosk, call the 82nd CPTS call center at 6-4864.



Photo courtesy of the 82nd Comptroller Squadron

Airman 1st Class Francis Winslow from the 366th Training Squadron uses one of the five new Kiosks that are available to Sheppard Airmen. The computer system allows Airmen to access personnel and financial information to make updates without missing class or formation.

### On the Inside

#### Sergeant STEPs in right direction

Tech Sgt. Cary Hamar, a heavy avionics instructor from the 365th Training Squadron, had no idea why he had to come in for a flight call while on leave.

He had no idea why Brig. Gen. Art. J. Rooney, 82nd Training Wing commander, or Second Air Force Command Chief Master Sgt. John Jenkins walked in on the meeting, or why they were giving him a coin from Maj. Gen. John Regni, Second Air Force commander.

General Rooney and Chief Jenkins made a special visit to that flight call Monday to promote Sergeant Hamar on the spot through the Stripes for Exceptional Performers program.

For full story, see page 2.

#### NPS reporting procedure changes

The reporting procedure for non-prior-service Airmen went through a recent change when having a conversation with permanent party personnel on base.

The new reporting procedures help Airmen as they progress from the basic military training environment to the technical training environment and its phase program and brings them closer to being more like permanent party members.

For full story, see page 3.

#### 24 from Sheppard selected for E-8

The Air Force recently selected 1,566 master sergeants for promotion to senior master sergeant, including 24 from Sheppard.

More than 16,500 master sergeants were considered for promotion to E-8 according to officials at Randolph Air Force Base.

For full story, see page 6.

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## Danger zone

### Local reporter trades pen for flight suit for one week

By John Ingle

Editor

Media embeds with the military in hot zones is almost becoming cliché following the massive amounts of reporters, photographers and cameramen riding on tanks in Operation Iraqi Freedom.

But, a local reporter began the unique opportunity of embedding with the 80th Flying Training Wing to get a piece of the pilot training action and see what Air Education and Training Command is all about.

Lee Weaver, a regional and military reporter with Wichita Falls' *Times Record News*, suited up and began his training Monday with the newest class at the Euro-NATO Joint Jet Pilot Training program, class 05-04.

After a grueling initial day of quizzes and lectures about flight safety, field of vision and parachutes, Mr. Weaver suited up on his second day for a flight in a T-37 Tweet.

By the end of the week, Mr. Weaver will have gone through various briefings, classes, simulations and flights to give him a small taste of what being an ENJJPT student is all about.

But, it wasn't so much the school or training that impressed the one-week pilot.

"In the aggregate, what those people do is a pretty amazing thing," Mr. Weaver said.

From top to bottom, he said



he realized and gained a new respect for what the 80th FTW and Sheppard does. If one piece is missing from the operation, he said there's a breakdown.

"Seeing how everything from the person who drives you out to the flight deck to radar controllers, everything has to mesh," he said.

Sheppard shined in that respect, he said.

Mr. Weaver said there's no doubt in his mind about why students are here – learn how to be fighter pilots.

Carroll Wilson, editor of the newspaper, said this is the first time a staff writer from the TRN has embedded with the flying wing for a week to learn more about the process.

He likened what Mr. Weaver is doing to what he did several years ago when he wrote a

series of articles about reservists in the 80th FTW.

"That helped people understand there's not just the 82nd Training Wing," Mr. Wilson said.

Maj. Manning Brown, director of base public communication, said area residents see Sheppard's aircraft roaming the North Texas skies. But, that doesn't paint the picture of what it takes to transform a college graduate into a fighter pilot.

"By embedding Mr. Weaver, he is experiencing this process first hand so that, in turn, he can share this story in a way only the media can," the major said. "Just as important, it is also an opportunity to highlight the richness and diversity that our NATO partners bring not only to the base, but the entire surrounding area."

Left, Times Record News reporter Lee Weaver and 89th Flying Training Squadron instructor pilot Capt. Tom Dent go through the pre-flight checklist before taking off Tuesday morning. Below, Mr. Weaver climbs into the T-37 Tweet for the first of three flight he took with the 80th Flying Training Wing. Mr. Weaver became a media embed with the 80th FTW to learn about the rigors of pilot training and the Euro-NATO Joint Jet Pilot Training program.

Photos by John Ingle



## Rumsfeld cites progress in Iraq despite security issues

By K. L. Vantran

American Forces Press Service

WASHINGTON, March 19, 2004 – Although the security situation in Iraq has been difficult, U.S. and coalition forces have made much progress since Operation Iraqi Freedom began one year ago, Defense Secretary Donald H. Rumsfeld said here today.

"They're tracking down and finding the terrorists," he said in an interview with American Forces Radio and Television Service.

In 12 months, Iraq has gone from a dictatorship defeated in war to a country with an interim constitution, he added.

"The schools are open, hospitals are open, and there are something like 1,200 clinics functioning," said Rumsfeld. "New textbooks have been issued. There's a new currency. There's a central bank. Oil and electricity are back.



Rumsfeld

brunt of the violence," he said. "That shows that they're stepping up and taking responsibility for their country."

Helping Iraq become a democracy is a "tough business," said Rumsfeld. "(You) can't go from being in a

repressed society to a free society in five minutes or five months or even a year or two. It takes time.

There's so much to do.

"The president has said he believes the U.S. and the coalition need to stay as long as needed, but not a day longer, and I think that's right," he continued. "And then the question of how long is that, of course that's unknown. We know they're making very good progress, and we know they're taking over more and more responsibility."

The secretary compared the impossibility to pinpoint an end date for troops in Iraq to that of teaching a youngster how to ride a bicycle.

"They're learning, and you're running down the street holding onto the back of the bike seat," he said. "You know that if you take your hand off, they could fall, so you take a finger off and then two fingers, and pretty soon

you're just barely touching it. (Leaving Iraq) will be like that. You can't know when you're running down the street how many steps you're going to have to take. We can't know that, but we're off to a good start."

The reason for the progress in Iraq is people, said the secretary.

"The men and women in the military, in the Coalition Provisional Authority and coalition countries that have hundreds of people advising the ministries are doing everything possible to help put Iraq on an upward path towards a reasonably democratic system," he said.

Rumsfeld said he marvels at the compassion, creativity and dedication of the young men and women in uniform. "I've traveled all over, and met with so many of them," he continued. "I come away each time thinking how lucky we are that we have these wonderful volunteers."

## Sheppard sergeant STEPs in right direction

By 1st Lt. Laura Renner

Base public communication

Tech Sgt. Cary Hamar, a heavy avionics instructor from the 365th Training Squadron, had no idea why he had to come in for a flight call while on leave.

He had no idea why Brig. Gen. Art. J. Rooney, 82nd Training Wing commander, or Second Air Force Command Chief Master Sgt. John Jerkins walked in on the meeting, or why they were giving him a coin from Maj. Gen. John Regni, Second Air Force commander.

General Rooney and Chief Jerkins made a special visit to that flight call Monday to promote Sergeant Hamar on the spot through the Stripes for Exceptional Performers program. According to Master Sgt. James Burns, the 82nd Training Wing career advisor, Sheppard averages five STEP promotions a year.

"I thought, 'what just happened?'" Sergeant Hamar said. "I was stunned and in disbelief. It will be a couple weeks before it sinks in. My wife

thought I was pranking her when I told her."

Sergeant Hamar's leaders recommended him for a STEP promotion because of his exceptional performance at Sheppard and in his career.

Master Sgt. Rich Bryan, Sergeant Hamar's element chief at the time of recommendation, had also worked with him at Dyess Air Force Base.

"On the flight line, he excelled as a maintainer, one of my top notch specialists. I could put him on any plane," Sergeant Bryan said. "He's the same type of person, he just carried it over to here as an instructor."

Sergeant Bryan explained that not only does he have passion to teach, but, he's also active outside the classroom. While having more than 1,000 hours in the classroom and a 93 percent combined student grade point average, Sergeant Hamar also used his technical expertise to introduce, fix or improve numerous computers and programs throughout the unit.

Additionally, his volunteer efforts and pursuit of a bachelor's degree all

led to his being chosen out of more than 1,820 noncommissioned officers here as the NCO of the quarter for April to June 2003.

While his curiosity for the reason the general and chief were even at the flight call piqued, Sergeant Hamar was at a loss for words when they handed him his technical sergeant stripes.

Sergeant Bryan said the happiness and pure enjoyment of the flight showed the tightness and family like atmosphere of the unit.

Afterward, humbly expressing the hard work his coworkers do, Sergeant Hamar could only praise them and thank his supervisors.

"They really embraced me, pushed me forward, and forced me to excel," Sergeant Hamar said. "To them I'm thankful."

Sergeant Hamar leaves soon for Altus AFB, Okla., to finish his training to become a flight engineer.

"It's a happy-sad feeling," Sergeant Bryan said. "We hate to see him go but we're glad to see him off to better places."



Photo by Sandy Wassenniller

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, and 2nd Air Force Command Chief Master Sgt. John Jerkins tack on technical sergeant stripes on the sleeves of former Staff Sgt. Cary Hamar, a heavy avionics instructor at the 365th Training Squadron, Monday.

## No excuses: Tax center still available to file state, federal returns

There is less than one month left until the last day to file for the 2003 tax year.

The Sheppard Tax Center can prepare taxes for timely electronic and paper filing until April 15. — remember, paper returns must be postmarked by April 15. There is no reason to delay.

To have federal and state taxes prepared by the Tax Center, bring them in today and avoid the last minute crowds. If you expect a refund, you will get it sooner!

If you owe, you do not have to pay until April 15, regardless of when you file.

The Tax Center is open from 9 a.m. to 4 p.m. for all personnel and 4 to 6:30 p.m. for students and instructors only. Active duty, Reserve/Guard, retirees, family members with military ID cards, and DoD and N A F (but not contract) employees are welcome.

You must bring W2s for all jobs held in 2003, along with social security cards for all family members, any relevant 1099s or 1098s and evidence of any amount received from the Advance Child Tax Credit. Please call 6-1981 with any questions.



## 82d Security Forces Squadron

*Editor's note: The 82nd Security Forces Squadron will have a monthly article for Sheppard personnel and residents about important information and policies.*

### Crime Alert

If you believe you are witnessing an illegal activity anywhere on base, please report it to security forces at 6-1100, immediately.

### Gate Information

Due to force protection conditions, the bollards at all our gates, will be a permanent fixture; please prepare for delays and drive carefully when entering or exiting the installation.

We average five accidents per month.

Observe safety signals. ID's are checked at all Sheppard gates 24 hours a day, please have identification ready when approaching the gate sentry.

All guests to Sheppard AFB must be sponsored on the installation, name and birth date are required for a wants and warrants check. Call police services at 6-2106 for more information.

Every vehicle that is driven onto the installation is subject to be searched. Failure to comply will result in denial of entry and/or driving suspension for one year.

## Cop Beat

### Theft of Property

We take needless reports of personal property theft; unsecured bicycles, purses, wallets on a daily basis. Don't let thieves walk away with your belongings! Be proactive by securing your property regardless of where you live or work.

### Traffic Safety

Use of seat belts is mandatory. Failure to comply will result in a loss of base driving privileges. Repeat offences can put you face to face with the wing commander.

### Revocated Drivers Parking Lot

Parking for drivers whose

base privileges have been revoked is afforded on the lot located adjacent to the hospital gate.

Unauthorized vehicles will be cited and towed. Contact Security Forces at 6-2106 for more information.

For assistance, please call: for an emergency, 911; crime stoppers 6-1100; all routine calls, 6-2981.



## Global information grid focus of summit

EGLIN AIR FORCE BASE, Fla. (AFPN) – A global grid where information can be passed from weapons to aircraft to command and control facilities highlighted discussions at the sixth annual air armament summit here March 16 to 17.

The theme of the summit that brought leaders from government, industry and academia together was, "Joining the Swords." Panel discussions were presented by groups who have spent the past 10 months researching specific topics, such as test and training, assessing the global threat environment, networking weapons and integrated planning.

"It's going to be a joint fight, so it needs to be a joint answer," said Col. Pamela Arias, Air

Armament Center's enterprise program office director and one of the summit's key planners.

The panels presented recommendations focused on continuing current weapons programs, developing test ranges and airspace to test new weapons that create larger footprints and continuing to develop directed energy and hypersonic technology.

However, a primary focus for the joint community was the creation of a weapons data link. This would be part of the global information grid where information could be passed from a weapon to an aircraft to a command and control facility using a "language" all involved parties understand.

After a weapon was released, it could be retargeted, Colonel

Arias said. It could send back information to the grid about the area it sees in order to provide intelligence and verify its location right before hitting the target. It might also have the ability to send back battle-damage assessments for other targets before it explodes.

"It's critical we have a common architecture, a common language," Colonel Arias said. "Whether it's Air Force talking to a Navy ship talking to a satellite down to some operations center somewhere or down to some Army site somewhere – all of that information can pass. It's just important that we link up."

(Courtesy of Air Force Materiel Command News Service)

## NPS reporting procedures change

The reporting procedure for non-prior-service Airmen went through a recent change when having a conversation with permanent party personnel on base.

The new reporting procedures help Airmen as they progress from the basic military training environment to the technical training environment and its phase program and brings them closer to being more like permanent party members.

In the past, the reporting procedures required NPS Airmen to give a reporting statement (e.g., "Sir/Ma'am, Airman Jones reports as ordered") prior to beginning any conversation with a permanent party member.

The new reporting procedures for our NPS Airmen are as follows:

- When they approach you or vice versa, the airman will assume the position of parade rest.
- When addressing a permanent party member:

– For enlisted military members they should use the specific rank and last name. For example; "Master Sergeant Jones", "I would like to know if...", or if they cannot see your name or do not know you; "Master Sergeant", "I would like to know..."

– With officers, "Sir/Ma'am", "I would like to know if..."

– With civilian staff, "Mr./Ms." Or "Sir/Ma'am", "I would like to know if..."

Keep in mind, NPS Airmen need to use specific rank and stand at parade rest throughout the conversation. Once the conversation is over, the Airman will come to the position of attention and depart using a proper facing movement.

The reporting statement Airmen have used in the past will now only be given when reporting in to commanders, just as permanent party members are required to do when they report in to a commander.

### Sheppard falls

An accidental waterfall cascades from the more than 240-foot tall water tower here Monday as a worker climbs down the ladder using a safety harness. Officials said the automatic water shutoff valve failed to recognize that the tank was full, allowing water to continue to fill the tank. Crews have been working on the tower since December 2002, cleaning out the inside and providing a fresh coat of paint and the Air Force emblem to the outside.

Photos by Senior Airman Chris Powell



## Briefly Speaking

### CCAC to meet March 30

The Consolidated Consumer Advisory Council will hold its quarterly meeting March 30 at 1:30 p.m. in the community center.

This is a forum for active duty, dependents, retirees and all others to address any concerns about services or products.

For more information, call Judy Kimberlin at 6-4335.

### MSU accepts CCAF credits for degree

The academic adviser for the Midwestern State University Bachelor of Applied Arts and Science program will be here April 1 from 10 a.m. to 3 p.m. in Bldg. 402, room 304.

The BAAS accepts 69 hours of CCAF, junior college or vocational/technical credits.

To schedule an appointment, call Delores Jackson at 397-4721.

### Flowers available at self-help store April 1

The self-help store will begin issuing flowers April 1 to housing occupants to plant in their flowerbeds.

The flowers will be available on a first come, first serve basis. The self-help store is located in Bldg. 5 at the corner of Avenue D and Fifth Street.

The hours of operation are from 9 a.m. to 4:30 p.m. Monday, Tuesday, Thursday and Friday. The store is closed on Wednesdays and weekends.

### All Ranks Day coming up

All Ranks Day will be held at the Airman's Attic on April 3 from 9 a.m. to 12 p.m.

This bi-monthly event is open to all Sheppard military members, dependents and retirees. The Attic is located in Bldg. 962 on the corner of Ninth Street and Avenue I.

For more information, call the family support center at 6-4358.

## First C-130J arrives for service

**By Senior Airman Jason Neal**  
314th Airlift Wing Public Affairs

LITTLE ROCK AIR FORCE BASE, Ark. (AFPN) – The first C-130J Hercules assigned to an active-duty unit arrived here March 19.

“We are proud to call Little Rock Air Force Base and central Arkansas home – home of the United States Air Force’s first active-duty C-130J,” said Col. Joseph Reheiser, 314th Airlift Wing commander. “We look forward to the challenge of training the world’s finest C-130J aircrew members and maintainers for years to come.”

The J model represents a quantum leap forward in transport airlift technology, bringing 40 percent greater performance over the current C-130, Colonel Reheiser said. It can fly farther, faster, higher and longer while carrying more equipment or people. Onboard computer advances have allowed the removal of the flight engineer and the navigator, making the J model less

expensive to operate in terms of man-hours. It can also carry heavier loads, more people and take off or land on shorter runways than the previous models were capable of.

“The J model looks like a C-130 and it sounds like a C-130, but in reality it is a totally new airplane,” Colonel Reheiser said.

Lt. Col. David Kasberg, 48th Airlift Squadron commander, flew the new aircraft here from the Lockheed Martin production facility at Dobbins Air Reserve Base, Ga.

“This aircraft ... will give us the capability to train aircrews to get the J in the fight,” Colonel Kasberg said. “And by getting the J in the fight, we can provide relief to the C-130 E and H crews who are out there in the desert right now.”

The J model has a digital “brain” now, instead of the earlier model’s analog instrumentation. If the aircraft experiences an engine problem, the onboard computer identifies it and warns the

pilots and configures a solution.

The J model is a more proficient performer in the air, but its cost effectiveness and improved design become even more evident when the plane is on the ground. The digital aircraft allows real-time information to be shared between the aircraft and the maintainers.

“The J model’s greatest asset to maintainers is the portable maintenance aid,” said 1st Lt. Alexander Santiago of the 314th Aircraft Maintenance Squadron. “The PMA is a small diagnostic computer that allows a maintainer to digitally ‘ask’ the plane what is malfunctioning and get an instantaneous and accurate response. Previously, when an aircraft part malfunctioned the maintainer had to track a repair from a symptom back to the faulty part and then fix the part. Now the PMA tells the maintainer what is broken and where it is. That will save us time and money.”

Little Rock AFB is scheduled to have seven C-130Js by December 2005.



Photo by Senior Airman Jason Neal

The Air Force’s first newest C-130J Hercules touches down here March 19 after flying from the Lockheed Martin production plant on Dobbins Air Reserve Base, Ga. This aircraft is the first J model assigned to an active-duty unit.



**Master Chief Jacqueline DiRosa, Force Master Chief of the Naval Bureau of Medicine and Surgery, addresses Dental Technicians and BMET students from the Naval School of Health Sciences during a visit to Sheppard March 16. Master Chief DiRosa is the principal advocate for Navy Medical Department enlisted personnel. She addresses issues pertaining to the welfare, morale, utilization and training of enlisted personnel within Navy Medicine.**

Photo courtesy of the Naval School of Health Sciences

## EPA recognizes Sheppard in “Ready for Reuse” program

**Base public communication**

Sheppard secured another first in Air Education and Training Command history Wednesday when the Environmental Protection Agency presented base leadership with a “Ready for Reuse” certificate.

Laurie King, the EPA Region 6 chief of federal facilities, was on hand to recognize Sheppard and the 82nd Civil Engineer Squadron Environmental Flight with the prestigious honor.

“Today’s announcement highlights our newest program to promote the reuse of formerly used industrial properties,” Ms. King said.

She added the ready for reuse program frees up “valuable natural resources.”

Fire Training Area No. 3 on base was used for fire protection exercises from 1957 to 1992. Waste fuels, among other chemicals, were burned during the exercises.

Through Sheppard’s efforts to cleanup the area, the EPA was able to determine that the site was safe of hazards and able for reuse.

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, accepted the award on behalf of Sheppard. Lt. Col. Greg Emanuel, 82nd CES commander, was at the ceremony as well.

“Sheppard continues to prove time and time



Photo by John Ingle

**Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, accepts a “Ready for Reuse” certificate from Laurie King, an Environmental Protection Agency Region 6 representative. Also pictured is Allen Posnick, the Texas Commission on Environmental Quality manager for Department of Defense cleanups.**

again that our people are proactive in their stewardship of the environment and protection of our nation’s resources,” General Rooney said. “Sheppard proudly accepts this determination and will continue our efforts into the future to ensure that Texoma stays safe and beautiful.”

Wednesday marked the second time in as many months the EPA recognized Sheppard.

**Be sure to catch Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander, live from the command section on TSTV-14 at 12:30 p.m. every Monday.**

## Setting the stage

## Team Sheppard members act out

By Carolyn Knothe

Base public communication

Two Team Sheppard community members saw their names in lights recently when they participated in a local theater production.

Tech. Sgt. Jacqueline Harris-Smith and 10-year-old Conner Wilber, son of MSgt. Chris Wilber of the 363rd Training Squadron, both took part in the Backdoor Theater's production of the "Music Man."

Meridith Wilson's "The Music Man" is set in River City, Iowa, in 1912. A traveling con man, Harold Hill, has arrived in town to supposedly start a all-male band, but actually just wants to steal the money that unknowing citizens give him to purchase instruments and uniforms for the band.

Marian, the town's librarian is set to expose Hill to the townspeople. But Hill has generated so much enthusiasm in the town that he turns to the good side and dedicates himself to the band, and he and Marian fall

in love.

The musical generated such well-known songs as "Till There Was You" and "Seventy-Six Trombones" and was both a Broadway musical and a movie.

Sergeant Harris-Smith played a townspeople in the musical, but in everyday life she's a supply manager for the 366th Training Squadron. She's also the mother of four kids, so finding time for the two-, three-, or even four-hour rehearsals was a chore.

"I was a 'Kid's Meal Mom,'" she said, laughing. "I had to plan everything out, and fix them mac and cheese, hamburgers, hot dogs."

Conner is an accomplished actor, having been in plays like "Peter Pan" and "Treasure Island." He played Winthrop in the "Music Man," a boy he describes as "speaking with a lisp and being shy until the Music Man comes to town." Conner even had to dye his brown hair copper red for the part.

"I enjoyed it because people were asking

me 'Conner, what did you do to your hair?'" he said.

Sergeant Harris-Smith said the best part of her experience wasn't just the performance.

"After the show, we'd all go to meet the people in the audience, and it was nice to know that I put a smile on everyone's faces," she said.

Conner said he enjoyed making great new friends, and he wants to be an actor when he grows up. He's going to do another show as soon as possible.

Sergeant Harris-Smith has decided to wait until summer to star again. With her children in school, it was a lot of work to rehearse. But, she can't wait till she auditions again.

The Backdoor Theater is a non-profit organization located in downtown Wichita Falls. All the actors, ushers, box-office personnel and even the janitors are volunteers.

"Anybody who wants to have fun can go down there," Sergeant Harris-Smith said.



Photo by Tech. Sgt. Jacqueline Harris-Smith

The cast of the Backdoor Theater's production of "The Music Man" poses on the stage. Two cast members, Tech. Sgt. Jacqueline Harris-Smith and Conner Wilber, are also Sheppard members.

## Women defy odds, gravity to become pilots

By Carolyn Knothe

Base public communication

Even though the job of fighter pilot is typically thought of as a male-dominated career field, two women student pilots in the 80th Operations Support Squadron here at Sheppard are breaking both the sound barrier and the gender barrier.

2nd Lts. Esther Daniels and Terri Evers are in P-Flight and are in their last phases of undergraduate pilot training.

"I love it," Lieutenant Daniels said. "I love being above it all, and the freedom that flying has when you're above the clouds."

Lieutenant Evers said she enjoys the thrill that flying provides.

"I like going fast and pulling G's," she said. "Yanking and banking."

The two women developed an interest in flying at young ages. Lieutenant Evers was 8 years old when her father, a Canadian Armed Forces pilot, took her on a cross-country flight in a deHavilland Dove. That one flight sparked a lifetime of interest.

Lieutenant Daniels would play with her three brothers' model airplanes and hack into their computers to play flight simulator games. None of her brothers have become pilots, but the sister who took advantage of their toys surely did.

The two even studied non-traditional majors for women: Lieutenant Evers in mechanical engineering at Northern Arizona University and Lieutenant Daniels in math at the U.S. Air Force Academy.

"I liked how math challenged

my brain and my way of thinking," Lieutenant Daniels said.

And the challenges continue with pilot training.

The rigorous training involves long hours - some can be 12 hours long - and a lot of studying. All this requires a lot of discipline, but Lieutenants Daniels and Evers are definitely motivated and don't see any reason to make a fuss over their gender.

"We have thick skin," Lieutenant Evers said. "If we didn't, we wouldn't be here to begin with. People in the pilot world might make fun of you, but they make fun of everyone. And it's all good-natured."

Lieutenant Daniels said gender doesn't decide who can fly and who can't.

"When it's me in a machine against someone else in a machine it doesn't matter whether it's a male or female pilot," she added. "Whoever is better will win."

With their assignment night coming up, the two women have already chosen their top choice of jet.

"I want to fly an F-16 Fighting Falcon. I like the fact that it's a multi-role fighter and has the best of both worlds," Lieutenant Evers said.

Lieutenant Daniels wants an A-10 Thunderbolt II because it has more hands-on missions and tangibly defends the ground troops.

But in the end, no matter what jet they fly, their goals are the same as any other pilot's.

"We just want to work as hard as possible to be the best pilot we can be," they said. "That's what everyone here wants."

**Stay alive. Don't drink and drive.**

**Your story could go here. Submit stories and ideas to [sheppardsenator@sheppard.af.mil](mailto:sheppardsenator@sheppard.af.mil) the Friday prior to the desired publication date.**

To place an ad in *The Sheppard Senator*, call 761-5151.



## What you need to know about tornado safety

Gary Brown

82nd Training Wing Safety Office

### What is a tornado?

A tornado is a violent windstorm characterized by a twisting, funnel-shaped cloud. It is spawned by a thunderstorm (or sometimes as a result of a hurricane) and produced when cool air overrides a layer of warm air, forcing the warm air to rise rapidly.

The damage from a tornado is a result of the high wind velocity and wind-blown debris. Tornado season is generally March through August, although tornadoes can occur at any time of year.

### Danger zones

Tornadoes can occur in any state but are more frequent in the Midwest, Southeast, and Southwest. The states of Alabama, Arkansas, Florida, Georgia, Illinois, Indiana, Iowa, Kansas, Louisiana, Mississippi, Missouri, Nebraska, Oklahoma, South Dakota, and Texas are at greatest risk. They tend to occur in the afternoons and evenings: more than 80 percent of all tornadoes strike between noon and midnight. When a tornado is coming, you have only a short amount of time to make life-or-death decisions. Advance planning and quick response are the keys to surviving a tornado.

Develop an emergency communication plan. In case family members are separated from one another during a tornado (a real possibility during the day when adults are at work and children are at school), have a plan for getting back together. Ask an out-of-state relative or friend to serve as

the "family contact." After a disaster, it's often easier to call long distance. Make sure everyone in the family knows the name, address, and phone number of the contact person.

### Stay tuned for storm warnings

Listen to your local radio and TV stations for updated storm information.

Know what a tornado watch and warning mean. A tornado watch means a tornado is possible in your area. A tornado warning means a tornado has been sighted and may be headed for your area. Find safety immediately. Tornado watches and warnings are issued by county or parish.

### When a tornado watch is issued:

Listen to local radio and TV stations for further updates. Be alert to changing weather conditions. Blowing debris or the sound of an approaching tornado may alert you. Many people say it sounds like a freight train.

### When a tornado warning is issued:

If you are inside, go to the safe place you picked to protect yourself from glass and other flying objects. The tornado may be approaching your area.

If you are outside, hurry to the basement of a nearby sturdy building or lie flat in a ditch or low-lying area.

If you are in a car or mobile home, get out

immediately and head for safety (as above).

### During a tornado:

#### If at home:

Go to a windowless, interior room, storm cellar, basement or lowest level of the building.

If there is no basement, go to an inner hallway or a smaller inner room without windows, such as a bathroom or closet.

Get away from the windows.

Go to the center of the room. Stay away from corners because they tend to attract debris.

Get under a piece of sturdy furniture such as a workbench, heavy table or desk and hold on to it. Use arms to protect head and neck.

If in a mobile home, get out and find shelter elsewhere.

#### If at work or school:

Avoid places with wide-span roofs such as auditoriums, cafeterias, large hallways, or shopping malls.

Get under a piece of sturdy furniture such as a workbench, heavy table or desk and hold on to it.

Use arms to protect head and neck.

#### If outdoors:

If possible, get inside a building.

If shelter is not available or there is no time to get indoors, lie in a ditch or low-lying area or crouch near a strong building. Be aware of the potential for flooding.

Use arms to protect head and neck.

### If in a car:

Never try to outride a tornado in a car or truck. Tornadoes can change direction quickly, lift up a car or truck and toss it through the air.

Get out of the car immediately and take shelter in a nearby building.

If there is no time to get indoors, get out of the car and lie in a ditch or low-lying area away from the vehicle. Be aware of the potential for flooding.

### After the Tornado Passes:

Watch out for fallen power lines and stay out of the damaged area.

Listen to the radio for information and instructions.

Use a flashlight to inspect your home for damage.

Do not use candles at any time.

Help injured or trapped persons.

Give first aid when appropriate.

Don't try to move the seriously injured unless they are in immediate danger of further injury.

Call for help.

Turn on radio or television to get the latest emergency information.

Stay out of damaged buildings. Return home only when authorities say it is safe.

Use the telephone only for emergency calls.

Clean up spilled medicines, bleaches, or gasoline or other flammable liquids immediately.

Leave the buildings if you smell gas or chemical fumes.

Take pictures of the damage, both to the house and its contents, for insurance purposes.

## Achievers

### 24 at Sheppard selected for E-8

The Air Force recently selected 1,566 master sergeants for promotion to senior master sergeant, including 24 from Sheppard.

More than 16,500 master sergeants were considered for promotion to E-8 for a 9.48 percent select rate according to officials at Randolph Air Force Base.

The following Sheppard master sergeants were selected for promotion to senior master sergeant:

Scott Carlson, 364th Training Squadron; David Berry, 364th TRS, Detachment 7; Christopher Allen, 367th Training Support Squadron; Stephen Hillenbrand, 82nd Aerospace Medicine Squadron; Lisa Rand, 82nd Medical Support Squadron.

Tracy Evans, 82nd Mission Support Squadron; Jeffrey Culbertson, 360th TRS; Jeffery Lindsey, 361st TRS;

Gregory Huntley, 362nd TRS; Boyd Bryant Sr., 82nd Training Wing; Glenn Kellegger, 82nd TRW.

Steven Runyon, 382nd TRS; Patrick Scheuer, 382nd TRS; James Sedoris, 882nd Training Group; Conrad O'Rourke, 382nd TRS; Matthew O'Hearn, 372nd TRS; Karen Chapman, 372nd TRS, Det. 14.

Rex Snow, 372nd TRS, Det. 9; Kyle Schmidt, 373rd TRS, Det. 13; Paul Ebert, 373rd TRS, Det. 14; Marshall Choate, 982nd Maintenance Support Squadron; Michael Klintworth, 80th Operations Support Squadron; Reginald Howell, 344th RCS; and Noel Johnson, AFELM AAFES.

Those selected will be promoted beginning in April.

### 2 at Sheppard claim awards

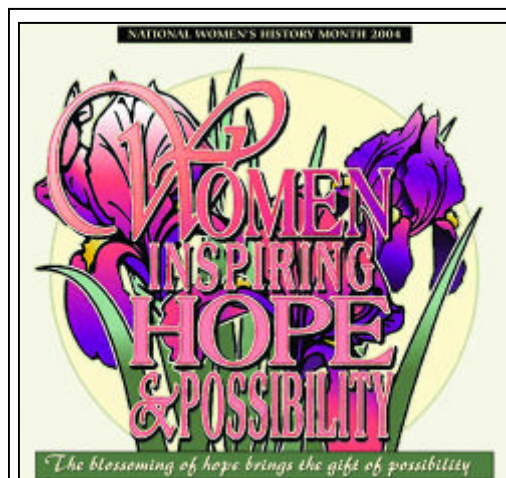
Two Sheppard members won 2nd Air Force Annual Awards recently.

Senior Master Sgt. Juan Gonzalez, from the 382nd Training Squadron won the 2nd AF Senior Noncommissioned Officer of the Year Award.

Gloria Perez, from the 82nd Medical Support Squadron, won the 2nd AF Entry-level Civilian of the Year Award.

Congratulations to both for their recognition.

**Work smarter,  
not harder.  
Do things  
right the first  
time.**



March activities to celebrate Women's History Month:

■Tuesday: A panel discussion will be held from 4:30 to 5:30 p.m. in Bldg. 1900, the large auditorium. The discussion is called "From a military woman's point of view."

For more information, call Sherry Murray-Garrett at 6-7173.

For a ride home after a night out, call 6-AADD.

Visit [www.af.mil](http://www.af.mil) for more Air Force news.

Sheppard Senator

Brig. Gen. Arthur Rooney Jr., 82nd Training Wing commander  
\*\*\*  
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Leadership Corner



Photo by Mike Littenken

Col. Darrell Sims, 82nd Training Wing vice commander, presents an award for Air Education and Training Command Honorable

Mention for Outstanding Pricing to Tandy Weaver, deputy commander at the 82nd Contracting Squadron.

What students teach us

By Brig. Gen. Arthur Rooney Jr.  
82nd Training Wing commander

It's no secret what we do here at Sheppard – we train today's Airmen to be tomorrow's freedom fighters. Combat Capabilty Starts Here!  
Everyone on base has something to do with the education and training of the roughly 40,000 students who train here annually. From the instructors who have direct contact with students to the airman in the military personnel flight who reminds students of customs and courtesies, we teach airmen.  
As I was watching the movie "Radio," the storyline of the movie made me think of a different question.  
In the movie, Coach Jones, played by Ed Harris, befriends Radio, a developmentally-challenged student played by Cuba Gooding Jr. Because of Radio's deficiency, he's often ridiculed by other students and the community of Anderson, S.C.  
Eventually, Coach Jones is approached by some of the community members who think Radio is a distraction to the team and keeps them from winning. They ask the coach what he is trying to teach Radio and whether or not he could learn.  
The coach simply replied that it's not Radio who is being taught, rather it is him who is being taught some of life's lessons that are easily overlooked.  
The same could be said about students here. What are they teaching us?  
Sometimes we focus so much on what we're teaching them, we fail to see the lessons they are teaching us.  
One lesson students are teaching us is the importance of values and a strong family foundation and structure. Airman who enter the AF with our core values or adopt them quickly succeed and those that do not or cannot fail.  
For example, Lt. Col. John Bukowinski, 363rd Training Squadron commander, confined an Airman to the base during the Christmas Exodus. He had failed to meet expectations and was held accountable. (Some would call this tough love). That Airman has since graduated from Sheppard and is now stationed at another base.  
Colonel Bukowinski recently received an e-mail from that Airman, thanking his former commander for confining and disciplining him. That motivated the former student and he is now

receiving accolades from supervisors at his new base.  
Students are also teaching us that they have high expectations, too.  
Instructors outline objectives before each class, setting the expectations for that day, week or the entire course. Students know the expectations and reach for those goals.  
When we have high expectations, students and organizations achieve them.  
That is now being seen in our nation's war on terror. We have fashioned Airmen into a warfighting machine by placing high standards of training and expectations on all they do.  
In return, they are placing high expectations on themselves whether it's in the shop at their home base or at a forward location.  
The final lesson Airmen are teaching us is they are constant observers.  
In the early phases of training, Airmen are looking for guidance – examples, if you will. Where do they turn? To us.  
Students here are going to mirror what they see us doing. When you look in the mirror, you better like what you see.  
Lt. Col. Mack Breeland, 360th TRS commander, recently brought an example of this observation to my attention.  
Seven students sent a four-page letter to Colonel Breeland that listed different civilian and military instructors. The letter wasn't full of complaints or suggestions on how to make the course better, it was to tell the commander how these instructors positively changed their lives.  
Unlike footprints in the sand that are washed away with the next wave, we are making lasting impressions on students. We are getting them ready to not only produce a quality product in the field and meet high expectations, but we are also teaching them how to be productive citizens.  
The next time you see a student or students in a formation, ask yourself, "What are they teaching me?"  
Here is a short list...  
My job is important.  
Students are like sponges...they soak up what they see us say and do.  
Discipline is essential.  
Values are our foundation.  
Students will rise to the expectations we have of them.  
The future of the AF is bright.  
The AF is a family.

Airman with a capital "A"

By Gen. John P. Jumper  
Air Force chief of staff

I am an Airman.  
Note that's with a capital "A." It's just one letter at the beginning of the word, but it signifies a great deal. The reason it is capitalized is simple: Airmen in the United States Air Force are the heart and soul of our unique fighting force, and should be identified by a proper noun.  
As young children, when we began to read, we learned a capital letter at the front of a word signified something special or important — like our own name, our hometown, and our country. And this was reinforced through our education and professional

life. When we see a capital letter, our minds automatically emphasize that word, and we bestow an increased importance on that person, place, or thing. It is time to formally add our profession to that list of important and special nouns.  
You may have seen or heard something about my guidance to capitalize the word "Airman." It is appropriate to do so, in recognition of our rich history, and to emphasize our unparalleled role in the defense of America.  
Our Air Force is the finest air and space force in the world because of the generations of professional Airmen that have devoted their lives to dominating the skies.  
Capitalizing the word

"Airman" recognizes their historic achievements and signifies our unique contributions to fighting and winning America's wars.  
It shows we've earned the respect a proper name imparts.  
For 38 years of my life, I've been proud to wear the uniform of the United States Air Force. And, whether you've worn it as long as I have or just recently joined our team, I know we all feel the same sense of pride. Regardless of the uniform we wear, the specialty we hold, the badge over our pocket, and whether we are active duty, guard, reserve, or civilian, first and foremost, we are Airmen.  
We are one Air Force and we are Airmen.



Conservation Corner

Sheppard changes to air conditioning

By Sam Hagins  
base energy manager

Sheppard is starting the transition from heating to the cooling season.  
The 82nd Civil Engineer Squadron expects transition to be complete by mid-April. Due to extreme temperature fluctuations in North Texas this time of year, we ask that personnel be patient during this transition period and dress accordingly.  
We want to coordinate the changeover to cooling as closely as possible with commanders and facility managers.  
Cooling is provided when a facility manager calls our Energy Management and Control System (EMCS) operators at 6-2124.  
Please bare in mind that the transition process can take up to 48 hours in some instances. Therefore, we want to avoid switching back and

forth from heating to cooling. However, if there is an abrupt change in weather conditions, we will strive to maintain your facilities at a comfortable temperature.  
Temperature settings are a cornerstone of Sheppard's energy conservation program. AETC policy is that room temperatures in base facilities shall be 76-78°F during the cooling season.  
**Exceptions are as follows:**  
■ Child development center, 74.  
■ Hospital (patient areas only), 74.  
■ Chapels (during services), 74  
■ RAPCON, 74.  
■ Bldgs. 2320, 2322, 2330, 74  
■ Theaters, clubs, bowling centers, community and youth centers, library, and dining halls, 74.  
Our goal is to make your environment as comfortable as possible while still meeting our energy goals. If you have any questions, please contact Sam Hagins, base energy manager, at 6-5689.

Safety Corner

Tips for cooking up kids' kitchen safety

By Tech. Sgt. Gerardo Delagarza  
82nd Training Wing Safety Office

As my children have gotten older, their curiosity has ventured from Pokemon and Barney to baking brownies and cooking macaroni and cheese. I enjoy spending time with my kids in the kitchen. It is a great learning experience and it can make for wonderful and interactive quality time. But it is also one of the most dangerous rooms in the house.  
**Set your ground rules**  
Before your children start using the kitchen, teach them all about the dangers they can encounter in a kitchen. What is sharp? What is hot? Does your child know that getting an electrical appliance wet can be extremely dangerous? Once you feel that all of the dangers have been clearly identified, set the rules. The child should know that until given permission

he/she should never begin a project in the kitchen without your approval.  
**Introduction to kitchen equipment**  
There is no set age that a child is ready to do anything. Children progress at different rates for different things. Here are a few things you can try:  
Start off with projects that are easy to make and do not require the oven, stove, knives or electrical appliances.  
Introduce bigger jobs one at a time.  
For younger children use all plastic or stainless steel utensils. Hands get very slippery in the kitchen especially when the chef is nervous or unsure.  
When it comes time for cutting, consider an enclosed manual chopper rather than a knife.  
Graduating to the stove is a huge responsibility not to be taken lightly. In a nationwide survey conducted by the Bureau of the Census stoves, ovens and

ranges were reportedly involved in an estimated 2.3 million incidents of fire. Grease or foods were said to have ignited in 80 percent of the cases; other fires were attributed to ignition of nearby items such as dishtowels, potholders and curtains. Allowing children to take on this responsibility requires a good deal of supervision.  
Next make sure that all pan handles are facing toward the stove, not into the kitchen.  
Although all children should learn to cook at some point in their lives, the kitchen is not the place to "learn by your mistakes". Even older children need some supervision. Respect their independence but remain close by to answer any questions or to watch for dangerous mistakes. Eventually you may just have the next Emeril Lagasse inviting you over for dinner. (Garden and Hearth Magazine contributed to this story.)

Action lines

**Sandra's Place**  
Question: I understand that Sandra's Place will be closing Thursday, and this has been a true asset in this building. Sandra has a bright smile for everyone and cooks fresh, nutritious meals for all of those who depend on her.  
She not only has people coming from this building but those from all over the base.  
She has a nice personality, gives uplift to those around her, and since she has been here so long, she knows exactly what

each person needs or wants. With us having time limits, it aids in our work environment.  
It will be very sad to lose her because there are people who line up at her door waiting for her cafe to open.  
She is a gifted cook, keeps a very clean eating area, is quick with her meals and brings an uplift to this building. Why do we have to lose her? It will be a true loss.  
Answer: We agree with you that Sandra has

done an exceptional job managing this activity and providing this service for our patrons. However, this AAFES service is being closed as a result of a business-based action.  
In other words, this operation was not making money, and we have another operation that badly needs her service.  
Sandra is not losing her job but is being given a greater opportunity.  
Our goal is for you, the customer, to feel this way about all of our employees.

**Tops in Blue**  
Question: My husband (retired military), myself and a friend stood in line for 45 minutes waiting for the doors to open to the Tops in Blue performance. When the doors did open, we were told we could not sit in the bottom section of the auditorium. I thought that was a travesty because it was advertised that seating would be first come, first serve.  
The show was fabulous, but I do not agree with the way the seating was handled. I thought

the show was for the airmen, why were they seated at the back of the auditorium and why were veterans (many with canes) sitting in the balcony? The show was for them, not all the VIPs in the front.

Answer: Thanks your letter and let me apologize for this incident, especially, your seating accommodations and long wait. As we did last year, we put the airmen in the last five rows across the back so more seats would be available

for the public on the left and right side. The center section was filled with VIPS and sponsors, and this year we also added the families of our deployed airmen.

Submit your questions and concerns to action.line@sheppard.af.mil or call 6-2000. Your submission may be printed in The Sheppard Senator.



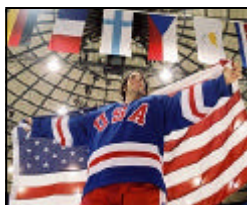
## In FILM



### Against the Ropes (PG-13)

Today at 6:30 p.m., Saturday at 7 p.m. and Sunday at 4:30 p.m.

Meg Ryan, Omar Epps - Jackie Kallen becomes a successful boxing manager by believing in the fighting skills of Luther Shaw.



### Miracle (PG)

Today at 9 p.m., Saturday at 4:30 p.m., Sunday at 2 p.m. and Tuesday at 7 p.m.

Kurt Russell, Patricia Clarkson - Herb Brooks assembles a U.S. team of underdogs.



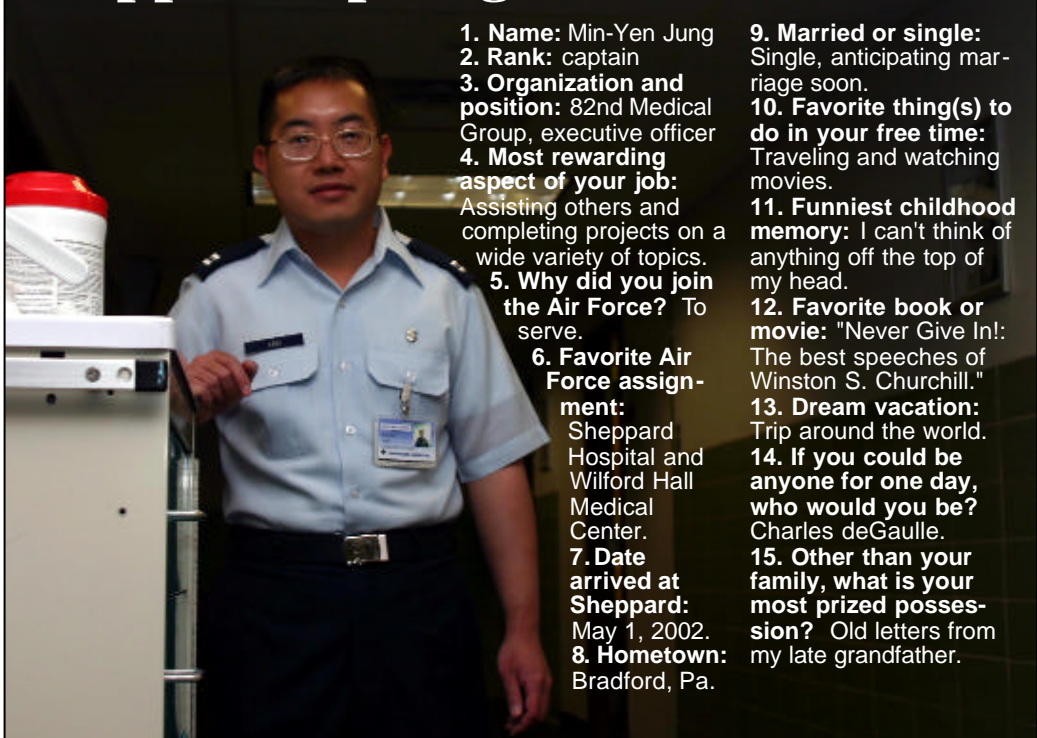
### Catch That Kid (PG)

Saturday at 2 p.m.

Kristen Stewart, Corbin Bleu - A rock climber, a computer genius and a mechanical whiz rob one of the world's most impenetrable banks to save an ailing father.

Also showing: **50 First Dates (PG-13)** Thursday at 7 p.m.

## Sheppard Spotlight 15 lines of fame



**1. Name:** Min-Yen Jung

**2. Rank:** captain

**3. Organization and position:** 82nd Medical Group, executive officer

**4. Most rewarding aspect of your job:** Assisting others and completing projects on a wide variety of topics.

**5. Why did you join the Air Force?** To serve.

**6. Favorite Air Force assignment:** Sheppard Hospital and Wilford Hall Medical Center.

**7. Date arrived at Sheppard:** May 1, 2002.

**8. Hometown:** Bradford, Pa.

**9. Married or single:** Single, anticipating marriage soon.

**10. Favorite thing(s) to do in your free time:** Traveling and watching movies.

**11. Funniest childhood memory:** I can't think of anything off the top of my head.

**12. Favorite book or movie:** "Never Give In! The best speeches of Winston S. Churchill."

**13. Dream vacation:** Trip around the world.

**14. If you could be anyone for one day, who would you be?** Charles deGaulle.

**15. Other than your family, what is your most prized possession?** Old letters from my late grandfather.

## Community

### Scholarship

The 2004 Air Force Club Membership Scholarship Program is offering scholarships to club members and their family members who are accepted in or enrolled in an accredited college or university for entry during the fall of 2004 term as a part-time or full-time student.

Six scholarships will be awarded which include \$6,000, \$5,500, \$4,500, \$3,500, \$3,000 and \$2,500.

Entrants must provide a 500-maximum-word essay on the topic "What Freedom Means to Me" and a single-page summary of their long-term career and life goals and previous accomplishments. All entries must be submitted to the officers club by July 12.

## Club activities

### Rhythm and blues

The enlisted club will have a rhythm and blues night Saturday beginning at 9 p.m. For more information, call 6-2083.

### Mr. Services Day

Club members can get a half-priced lunch Thursday at the officers club to celebrate Mr. Services Day, Jim Hale's favorite day. For more information, call 6-6460.

## ITT

### Fort Worth Zoo

ITT will take a trip to the Fort Worth Zoo April 3. The cost is \$25 for ages 13 and up and \$21 for ages 3 to 12. The tour will depart the community center at 8 a.m. and leave the

zoo at 4 p.m. Register by Tuesday. Call 6-2302 for more information.

## Chapel schedule

### Catholic services

#### Saturday

Confession: 4 to 4:30 p.m. (south chapel) Mass: 5 p.m. (north chapel)

#### Sunday

Mass: 9 a.m. and noon (north chapel) Religious education: pre-kindergarten through adult: 10:30 to 11:40 a.m. (Bldg. 962) RCIA: 1:30 to 3 p.m. (Bldg. 962)

#### Daily Mass

Tuesday, Wednesday and Thursday: 11:30 a.m. (south chapel)

### Protestant services

#### Sunday

10:30 a.m. Community Worship (north chapel) 10:30

a.m. Inspirational Gospel Worship (south chapel) 10:30 a.m. Holy Communion Worship (Solid Rock Café)

### Protestant Parish Ministries

Protestant Men of the Chapel: Saturday, 6:30 a.m. (south chapel) PMOC Breakfast/Fellowship Feb. 14, 8 a.m. (Golden Corral) Weekday Bible studies: Tuesday, 6 p.m. and Thursday, noon, (south chapel)

### Protestant Religious education

Sunday school: pre-kindergarten through adult, 9 a.m. (Bldg. 962) Tuesday Bible study, 6 p.m. (south chapel) Thursday, noon Bible Study, lunch provided (south chapel) Protestant Women of the Chapel Thursday Bible study, 6 p.m. Protestant Men of the Chapel Tuesday Bible study, 6 a.m. For

more information about the chapel, call 6-4370.

## Student ministry

### Solid Rock Cafe (Bldg. 450)

Monday through Thursday, 7:30 a.m. to 9:30 p.m., Friday, 7:30 a.m. to 11:30 p.m., Saturday, 1 to 11:30 p.m., Sunday, 1 to 9:30 p.m.

Sunday Protestant Bible study, 4 p.m. Contemporary Praise Worship Service, 5 p.m. Holy Communion Worship, 10:30 a.m., Praise and Prayer, Wednesday, 8 p.m. Students Awaiting Training classes, Tuesday and Thursday, 8:15 to 10 a.m. Chapel Ropes Meeting, Tuesday, 11 a.m. to noon and 4:15 to 5 p.m. Parents and Tots, Monday, 1:30 to 2:30 p.m. and Tuesday, 10 to 11 a.m. Praise Band Rehearsal, Saturday, 10 a.m. to noon Solid Rock

Saturday Meal, 6:15 p.m.

## Student stuff

### Club BDU dance

The student center will host a Club BDU dance Saturday from 7 p.m. to 1 a.m. There will be a Name That Tune and karaoke contest. For more information, call 6-7659.

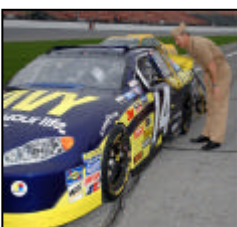
### Grand Billiards Tournament

The student center will host a Grand Billiards Tournament Sunday from 3 to 5 p.m. The cost is \$5 per person to play. The prizes are a trophy, a pool stick and a phone card.

### FITS

Saturday - Frisbee golf begins at 10 a.m. For more information, call 6-4808.





## Getting fit sets good example for others

By Staff Sgt. Robert Zoellner  
33rd Fighter Wing Public Affairs

EGLIN AIR FORCE BASE, Fla. (AFPN) -- When the Air Force unveiled its new exercise program many Airmen did not think much of it, but for some it was an eye-opener and more of an incentive to get in shape.

That is what Master Sgt. Michael Moss of the 33rd Maintenance Squadron's aerospace ground equipment flight thought. Six months ago, Sergeant Moss was overweight and could not run half of the required distance to pass the new fitness test. Now he is setting the example for his flight and feeling better than he ever has.

"I started off not being able to make a full run," Sergeant Moss said. "[I would] run half way there and walk the rest of the way back. I

wasn't in shape, by (any) means."

Through a vigorous exercise program he began in November that included crunches, pushups and running, and by watching his diet and cutting out sugars and junk foods, Sergeant Moss has dropped more than 20 pounds. Now he is challenging the younger Airmen in his flight to get in shape.

"I needed to set an example and that kind of stuck with me," he said. "I took the program seriously."

Before the new fitness standards, Sergeant Moss said he had no problem passing the cycle ergometry test. He said that was easy to get by since he was up and down stairs 20 to 30 times a day. His legs were strong but he was hovering around 200 pounds, which was over his maximum weight standard.

His initial thought about the new fitness program was that he was meeting the minimum standards, why did he have to go run? He was passing the bike test. But after thinking about it, he changed his mind about getting in shape.

"Once you get started on the program, you say, 'Man, why weren't we doing this before,'" he said. "Because you feel better and you feel better about yourself. I see the importance of staying fit. The more I do, the better I feel."

The entire AGE flight exercises three times a week in a program managed by their flight superintendent, Senior Master Sgt. June Robbins. She said they all keep track of their progress and know where they stand when their time comes to test, but it is always good to see

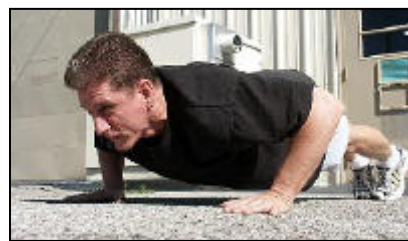


photo by Staff Sgt. Robert Zoellner

**Master Sgt. Michael Moss pushes himself through some pushups. Six months ago, Sergeant Moss was overweight and could not run half of the required distance to pass the new fitness test. Now he is setting the example for his flight.**

See FITNESS, Page 4B

Sports  
Briefing

82nd MSS/SVS wins basketball championship

The 82nd Mission Support Squadron/Services team was crowned the permanent party champions after it beat the 82nd Civil Engineer Squadron 58-54 in double overtime in the first game and 53-50 in the second game Thursday at the south fitness center.

Since the 82nd MSS/SVS lost its very first game, it was put into the loser's bracket heading into the championship. The team in the loser's bracket must beat its opponent two games in the championship to win. Despite losing it's first game, the team won six consecutive games in its quest to capture the championship.

"Defense was the key to our championship, we played great defense throughout the tournament," said guard Michael Dawson. "We came together as a team and knew what pressure we were under going in having to beat the undefeated 82nd CES twice to be base champions, but we did it."

In the first game, it was 82nd CES guard Brandon Pruitt who hit a three-pointer in the waning seconds of regulation to send the game into overtime.

Before the championship, the 82nd CES was undefeated.

Leading scorers were Mike Dawson with 17 hitting 5 three pointers, Todd Wallace with 13, Richard Hall with 13 in the first game.

In the first game the leading scorers from the 82nd CES were Brandon Pruitt with 17 points and Pete Tabor with 12 points. The leading scorers for the second game were Jason Nieves with 12 points and Pete Tabor with 11 points.

## Quick action by fitness center staff saves man



Photo by Senior Airman Chris Powell

**Senior Airman Michael Dawson inspects an automated external defibrillator Tuesday during CPR training at the base hospital. The AED pictured is the same type that was used to resuscitate Elmer Bicoy. Bicoy suffered from a cardiac arrest March 9 while playing racquetball at the south fitness center.**

### 69-year-old man suffers cardiac arrest while playing racquetball

By Senior Airman Chris Powell  
Senator sports editor

March 9 is a day that will forever be etched in Elmer Bicoy's mind. Not because he was winning a racquetball match like usual, but because the 69-year-old suffered from a cardiac arrest and nearly lost his life while playing a game at the south fitness center.

Bicoy was preparing to serve the ball to Staff Sgt. Darren Foster when his heart stopped beating.

"I was just about to serve the ball when I passed out," Bicoy said. Immediately, Sergeant Foster and Staff Sgt. Randy Best, who was working out at the gym, started administering CPR while the fitness center staff began to go into action. Sergeant Foster was here on a temporary duty assignment and is also a certified first responder.

"After I was notified of what was happening, I got the AED (Automated external defibrillator)," Senior Airman Michael Dawson said. While Airman Dawson began to use the AED, another fitness center staff member, Shawn Williams, called 911.

With the help of fellow fitness center staff members, George Koehler and Airman John Hueseman, Airman Dawson began to use the AED on Bicoy.

"When I first got there, he didn't have a pulse at all," Airman Dawson said. "After the initial shock from the AED, his heart started beating again, but it was still really faint and weak."

The fitness center members were able to keep Bicoy's heart beating until the ambulance arrived about 10 to 15

minutes after Williams called.

"Once he got to the hospital, his heartbeat began to level out and the doctors gave him some potassium and continued to monitor his heart," Elmer's wife, Betty Bicoy, said. He stayed in the coronary care unit until March 13.

After the doctors used a heart catheter on Elmer, they found three blocked arteries, two of which had 100 percent blockage. The doctors implanted a permanent defibrillator into Elmer, and he's scheduled to get a bypass early next week.

"The first thing he said when he awoke was 'What happened'," Betty said. Elmer can't recall any of the events that happened between the time he passed out and when he awoke at the hospital except for a brief moment when he was able to tell a person his wife's phone number.

Although Bicoy nearly died, being at the fitness center when it happened was better than being at a local YMCA where he normally plays, according to Betty. That's because they don't have an AED at the offbase YMCA.

Despite what happened, doctors expect Bicoy to make a full recovery and the former Air Force master sergeant has his eyes set on a new goal.

"I want to be able to play racquetball at next year's Senior Olympics," Elmer said. Elmer tries to play in every year's Olympics, but he will miss the 2004 Senior Olympics due to him still recovering. Bicoy says he plays racquetball everyday.

"It's his passion," Betty said.

"The quick thinking and fast action by all the people who helped definitely saved my life," Elmer said. "The doctor told me that I came back from the dead, and I greatly appreciate all they have done for me."

Elmer's doctors said he probably wouldn't have made it if he weren't in such good shape.

## 'Sarge' races to win at Mac Tools Gator nationals

By Chris Dorato  
U.S. Marine Corps. News Service

GAINESVILLE, Fla. -- U.S. Army Top Fuel driver, Tony "The Sarge" Schumacher, captured Sunday's running of the 35th annual Mac Tools Gator nationals at Gainesville Raceway.

In other action, U.S. Army Pro Stock Bike riders, Antron Brown and Angelle Savoie, went out in the second round and first round, respectively.

In banking his second win of the season, Schumacher took center stage. The 1999 Top Fuel world champion beat John Smith, Tim Cullinan and Scott Weis, before posting a 4.61-second pass at 312.60 mph en route to a win in the finals over Darrell Russell. It was his 13th career victory.

"What a tremendous win," said an elated Schumacher afterward. I've always wanted to win the Gator nationals -- it's one of the majors on the circuit. Alan Johnson (his crew chief) and the entire Army team really took care of business today."

With the win, the Chicago native increased his lead in the Top Fuel point standings to 66 points over second-place Doug Kalitta.

"It's still early to seriously count points, but I'm definitely happy we're the one being chased at the moment,"

he added.

Brown, who qualified sixth, disposed of Chip Hunter in the first round of eliminations, before dropping a second-round encounter to GT Tontlet.

"While we would have preferred to go deeper into the day, getting to the second-round is somewhat of an accomplishment given the fact we're still refining our new bike," said Brown. We'll continue to improve with each lap and each round.

Savoie, who just made it into the 16-bike field after a Friday qualifying accident, actually recorded a solid first-round pass against Karen Stoffer. While the three-time Pro Stock Bike world champion had the better elapsed time, she lost at the finish line due to Stoffer's better reaction time to the Christmas Tree.

"That was real disappointing," said Savoie. There wasn't much of a difference at the tree, but it was just enough for her to get by me. This is probably a fitting end to what has been a pretty tough weekend. It will get better for us, I promise you."

The Pro Stock Bikes next compete at the O'Reilly Spring Nationals, April 15-18, at Houston Raceway Park in Baytown, Texas, while the Top Fuel cars hit the track again in two weeks, at The Strip at Las Vegas Motor Speedway, for the Summit Racing.com Nationals.

## Air Force baseball downed 13-5 by Point Loma Nazarene

Courtesy of the Air Force Academy  
News Service

SAN DIEGO, Calif. - Point Loma Nazarene (26-4) scored early and often to down Air Force, 13-5, in a non-conference baseball game at Carroll B. Land Stadium. The Falcons, who got a pair of home runs from Jason Brown, fall to 5-18 on the season.

The Sea Lions scored four runs in the second and five more in the third and never looked back. Point Loma starter Tony Wright improved to 3-0 on the year, allowing one unearned run in five innings while striking out five batters. Joe Bisant led the way offensively for PLNU, going 3-for-4 with a home run, three runs and three RBIs.

AFA starter Paul Vignola fell to 1-4 on the season, surrendering five runs in 1.2 innings pitched. Brown led the way for the Falcon offense with his two homers and four RBI. Dale Kasel, Josh Wolfram and Geno Salazar also had two hits each for Air Force.

Brown hit both of his home runs to right center off Sea Lion reliever Jimmy Langley. The Arvada, Colo., native hit the first pitch if the sixth



Photo by Danny Meyer

**Outfielder Dale Kasel had his finest baseball game as a Falcon, going 3-for-4 with three runs and three RBIs. The Air Force Academy baseball team (5-14) split a midweek double-header with the University of Northern Colorado (13-8) on March 16 at Jackson Field.**

inning over some palm trees for the first homer, then drilled a pitch over the 30-foot high scoreboard for a three-run shot in the seventh.

The game was called after seven innings due to darkness.



Volleyball

For more information, call 6-2972.  
Intramural Volleyball  
Intramural volleyball will start Monday.

Bowling

For more information, call 6-2170.  
No Tap Tournament

There is a No Tap Tournament at 7 p.m. Saturday. Cost is \$13 per person.

Combo bowling held every Thursday

Combo bowling will be held every Thursday at 12:30 p.m. at the south lanes.  
For more information, call Donna Dobbins at 569-2430 or Vivian Umlah at 569-1619.

Rock It Bowl at the north lanes

A glow-in-the-dark Rock It Bowl takes place every Friday and Saturday

night from 5 to 11 p.m. at the north lanes.

Bowling League

Team	Won	Lost
82 COMM "A"	135	65
365 TRS "C"	130	70
80 FTW "A"	121	79
82 CPTS	119	81
882 TRG	117	83
363 TRS "Ammo"	116	84
364 TRS "A"	115	85
360 TRS	112	88
382 TRS "A"	112	88
187 Med Bn	109	91
366 TRS "A"	109	91
365 TRS "B"	104	96
82 MSS/SVS	101	99
365 TRS "D"	100	100
363 TRS Armentaut	100	100
82 CES	99	101
362 TRS "A"	96	104
383 TRS	96	104
Bowling Pro Shop	95	105
82 Services Squadron	92	108
361 TRS	91	109
381 Med Red	89	111
382 "BMET"	86	114
362 TRS "B"	84	116
364 TRS "B"	83	117

Team	Won	Lost
82 SFS	70	130
82 CS "B"	64	136
80th OSS	55	145

Fitness center

For more information, call 6-2972.

Student kickball game

There is a student kickball game at 10 a.m. April 3 at the North Fitness Center.

Aerobiccenter offers classes

The aerobiccenter, located in the south fitness center, offers coed aerobics classes seven days a week. Call 6-2972 for more information.

Abdominal class

Monday, Wednesday and Friday at 11 a.m.  
Monday through Friday at 8 p.m.

Aerobics

Monday at 7:15 a.m.

Cardio blast

Monday at 7:15 a.m.

Step aerobics

Monday, Tuesday and Friday at 9:15 a.m.

Body pump

Tuesday and Thursday at 9:15 a.m.  
Thursday and Saturday at 11:30 a.m.

Yoga and pilates

Monday and Wednesday at 10:15 a.m.  
Wednesday at 5 p.m.  
Thursday at 6 p.m.  
Saturday at 3 p.m.

Basic step

Monday, Wednesday and Friday at 7 p.m.  
Sunday at 2 p.m.

Kickboxing

Tuesday and Thursday at 7 p.m.  
Sunday at 3 p.m.

Intermediate step

Saturday at 10:15 a.m.

Wednesday at 6 p.m.

Advance step

Monday, Tuesday at 5 p.m.

Combo step

Monday, Wednesday and Friday at 11:30 a.m.

Golf

For more information, call 6-6369.

Spring sale

The Wind Creek Golf Course staff is holding a White Elephant Sale until Wednesday. People can come in for selected specials.

Youth center

For more information, call 6-2342.

Paper airplane contest

There is a paper airplane contest from 7 to 10 p.m. Friday at the Madrigal Youth Center for youth in grades kindergarten through 6th grade.



Rear Adm. Jeffrey Fowler, Commander Navy Recruiting Command, takes a closer look at the U.S. Navy's Busch series NASCAR prior to the 2004 Hershey's Kisses 300 at Daytona International Speedway. U.S. Navy photo by Photographer's Mate 3rd Class Clark Desire.

Nimitz Sailors visit NASCAR in Las Vegas

By Journalist 3rd Class (SW)  
Kristine DeHoux  
USS Nimitz Public Affairs

NORTH ISLAND, Calif. (NNS) – Four USS Nimitz (CVN 68) Sailors helped represent the Navy March 6 at a NASCAR Busch Series race held in Las Vegas. The No. 14 Navy "Accelerate your life" Chevrolet Monte Carlo ran in the Sam's Town 300 and was dedicated to the ship and her crew.

Former pro-football player Terry Bradshaw and the FitzBradshaw racing team own the Navy-sponsored car that was dedicated to Nimitz. They've had an ongoing partnership with the Navy for two seasons. The car, which is driven by NASCAR driver Casey Atwood, helps serve as a recruiting tool for the Navy.

The Nimitz Sailors were given free admission to the race and were able to meet Bradshaw and Atwood. The Sailors also had the opportunity to meet Commander, Navy Recruiting Command Rear Adm. Jeffrey L. Fowler.

"NASCAR is a great American sport, a strong supporter of the military and has a strong Navy fan base," said Fowler. "Being a part of this fast growing sport will allow us to tell young men and women about the Navy career opportunities, and to establish Navy presence all across America."

Airman Michael Lewis, one of the four Nimitz Sailors who attended, said he enjoyed the opportunity to meet the admiral, the car owner and the driver.

"It was a great experience," said Lewis. "Nimitz's name and hull number were on the car because it was the fleet honoree. The ship and its Sailors got a lot of recognition."

Avid NASCAR fan and Nimitz Sailor Damage Controlman 3rd Class (SW) Michael Thomason said, "I live and breathe NASCAR, so I had a blast."

The Navy is the primary sponsor for the FitzBradshaw team for the entire 2004 NASCAR race season. Navy representatives will continue touring with the car in order to encourage young men and women to "accelerate" their lives.

Fitness bingo				
Participate in the 5/10k Fun Run	Do 50 Situps (One time)	Do 20 pushups for females and 30 pushups for males	Participate in an aerobic class for 10 hours	Bike on the road or stationary for 11 hours _____miles
Participate in the wing run/walk	Go on the treadmill for 11 hours _____miles	Participate in the 5/10k Fun Run	Lose three inches in your waist (Must measure at start of program)	Go on the elliptical for 11 hours _____miles
Lose five pounds (Must measure at start of program)	Participate in an aerobic class for 10 hours	Free space for signing up	Do 30 Situps (One time)	Go on the treadmill for 11 hours _____miles
Go on the treadmill for 11 hours and go 35 miles	Do 10 pushups for females and 20 pushups for males	Bike on the road or stationary for 11 hours _____miles	Run or walk for 11 hours _____MILES and for 63,000 steps	Lose five pounds (Must measure at start of program)
Run or walk for 11 hours _____MILES and for 63,000 steps	Go on the elliptical for 11 hours _____miles	Go on the stairmaster for 11 hours _____steps	Attend in the ABS Class 4 class	Participate in the wing run/walk

The Fitness Bingo program is open to active duty military members, DoD and NAF civilians and contractors with military ID's. It will help to develop and maintain a high state of health, physical fitness and readiness to be Fit To Fight. All participants must maintain a personal fitness log which will be turned into the fitness centers and stamped as they complete a section of the bingo card. Customers will only get credit for a 30/60 minute workout for each daily workout and for each category. They can't add the extra 15 minutes to the next day's workout. Upon completion of this program, each participant will receive a t-shirt. For more information, call 6-2972.

TSTV schedule

Friday March 26  
10 a.m. Air Force News Special Edition - The Centennial of Flight  
5 p.m. Air Force Story: The Air War Against Japan  
9 p.m. Target for Today

Saturday March 27  
10 a.m. Air Power Over Kosovo - 21st Century Command and Control  
5 p.m. Into the Mouth of the Cat: Lance Sijan  
9 p.m. The Army in Action - Global War

Sunday March 28  
10 a.m. Heroes of Combat Camera  
5 p.m. Air Force News Special Edition - The Making of an Air Force Recruiter  
9 p.m. Navy Marine Corps News

Monday March 29  
10 a.m. The Air Force Assistance Fund - A Commitment to Caring

5 p.m. Air Force News Special Edition - The Thunderbirds  
9 p.m. Sheppard Today

Tuesday March 30  
10 a.m. In Service for My Country - Sheppard Deploys  
5 p.m. Target for Today  
9 p.m. Famous Generals - Pershing

Wednesday March 31  
10 a.m. Sound of Freedom: The Berlin Airlift  
5:00 p.m. The Army in Action - Global War  
9 p.m. Navy History - 1964 to 1966

Thursday April 1  
10 a.m. The Air Force Story: Chapter 5, 1935-1937  
5:00 p.m. Navy Marine Corps News  
9 p.m. The Navy Hospital Corps - A Tradition of Service, Excellence and Valor

Want to quit smoking? Check out the smoking cessation classes at the health and wellness center. For dates and times, call 6-4292.





File photo  
Air Force Staff Sgt. Charmaine Carrington (left) drives her blood-stained glove into the face of opponent Dora Vallerjo during a January 2003 decisive win in the 138-pound class.

## Air Force boxer sets high goals

Courtesy of the Air Force News Service

LACKLAND AIR FORCE BASE, Texas — From the first day she seriously considered boxing almost three years ago, Staff Sgt. Charmaine Carrington felt she had what it takes to be one of the best female amateur boxers in the country. Flash forward to present day: that's exactly where she is after winning the 145-pound championship at the U.S. Armed Forces Championship. She defeated Marine Lance Cpl. Grace Kelly, helping the Air Force team to its best finish in 20 years with four gold and silver medals.

"That was Charmaine's best performance to date," said team coach Tech. Sgt. Ronald Simms. "I've never seen her so relaxed and confident." Carrington became the first woman to make the all-Air Force boxing team based at Lackland Air Force Base, Texas, last year.

In tournaments last summer, she beat five of the top-10 ranked female amateur boxers, including then top-ranked boxer and now good friend Nasheba Thomas at the Golden Gloves tournament in Chicago. With a 14-2 overall record, she's hungry to remain at the top in 2004.

Carrington grew up in California and was one of the oldest of seven siblings. Early on, she became more of a take-charge, call-the-shots type person, mainly because she helped her mom take care of her younger brothers and sisters.

She's also the only female weapons load crew chief in the 33rd Maintenance Squadron at Eglin Air Force, Fla. In a sport and career field that are both predominantly male, she feels right at home.

Looking at her slender frame, one might wonder why she wants to box. Often during training sessions, she's the only woman practicing, so she has to spar against men who outweigh her by 20 to 40 pounds.

"People who don't know me might think I'm prissy, but they don't know I've been a tomboy all my life," she said. "But those who do know me know I can be stubborn and bossy."

Dennis Walker, her coach and trainer since she started, often tells her to use her greatest advantage - speed - instead of standing toe to toe with her sparring partners.

"He always tells me to get in there and box and use what I've learned," she said of her coach, who accompanies her to every fight. "He says I'm not in there to brawl. It's not a bunch of tussling and wrestling. It's an art."

Because her national competition has been in full swing, she's been in a boxing tournament every month since June 2003. With tournaments, family life and an Air Force career pulling her in different directions, she finds herself relying on support from co-workers, supervisors, family and coaches to get through the fast-paced times.

"It's hard," she said of being separated from her husband, William, and 3-year-old daughter, Leilani. "The phone calls really help me, and I try to spend as much time as I can with them when I'm at home. They are so important to me, and they always wish me the best. It helps."

One phone call she looks forward to while on the road comes the night before a fight. William will call so Leilani can tell her, "Good luck, Mommy." She wishes she could take her family to every tournament, but since she can't, she knows she has their support.

"Some of the fights my husband has been able to attend; I could hear his mouth over everyone else's," she said. "He's my number one fan."

She also believes she's added some recruits for the Air Force. She answers a lot of questions about military life from boxers she meets and fights.

"I play Air Force recruiter at every tournament when I wear the uniform," she said. "Even the guys ask me how to get in and could they continue to box if they join. It's great."

Not satisfied with the success she had in 2003, she sees a tough, yet predictable, year ahead in 2004 and knows where she wants to be at the end of it.

"I want to be completely untouchable," she said. "If I'm going through these tournaments and winning, I'll really think about going pro. I want to improve everything. If it takes running six miles a day as opposed to four, or 500 to 600 sit-ups a day, I'll do it. I'm not where I want to be. I want people to say, 'You want to be like Charmaine Carrington.'"

## Falcons drop 5-2 decision to St. Mary's

Courtesy of the Air Force Academy News Service

Despite singles victories by sophomore Shannon Buck and junior Tyler McClung, the Air Force men's tennis team lost its second consecutive match Monday, falling 5-2 to St. Mary's College in Moraga. SMC won its fourth consecutive match and improved to 8-6 this season, while the Falcons fell to 9-7.

The Gaels won two of the three doubles matches to take the first point of the team match. SMC's No.2

team of Vincent LeBorgne and J.J. Whitlinger combined to beat Chris Dong and Trevor Johnson by a score of 8-6, while the Gaels' duo of Rafael Lopez and Adam Fauvre rallied from a 3-6 deficit to defeat Air Force's Justin Lau and Sky Jensen, 8-6, at No. 3 doubles. Buck and McClung



File photo  
Junior Tyler McClung won his singles and doubles match against SMC.

captured the No. 1 match, defeating Martin Marechal and Andre Sion in an exciting tiebreak, 9-8 (5).

In singles action, Buck improved to 22-4 overall and 13-2 at the No. 1 position with a 6-4, 6-2 victory over Sion, while McClung defeated Lopez, 6-4, 6-4, at the No. 3 position. SMC won at the No. 2 and Nos. 4 thru 6 positions. At No. 2, Marechal beat Johnson 6-2, 7-6 (7-4), while LeBorgne easily defeated Dong 6-1, 6-0 at No. 4. Fauvre won his fourth consecutive match beating

Lau 6-2, 6-2, at the No. 5 spot and Whitlinger defeated AFA's Robby Alexander at No. 6 in the only three-setter of the day, 6-3, 2-6, 6-3.

Air Force continues its California trip today against the University of San Francisco in Carmel, Calif. The match begins at 1 p.m.

## Warmer weather allows more outdoor activities which can result in injuries

By Mr. Jon Hataway,  
82d Training Wing Safety Office

Outdoor activities can be very hazardous simply because some of people have been inactive during the cold winter months.

Warmer weather brings longer daylight hours and provides for increased activities like outdoor sports and recreation.

The key to avoiding injury is to identify all of the hazards associated with these activities and coming up with a control that will reduce your risk before you engage in the activity.

The simple acronym "ACT" best describes the risk management process you can use during sports, recreation and other various activities.

### Assess the risk

This includes identifying the hazards and determining how badly and how likely someone could get hurt from the hazards.

### Consider control options

What steps can you take to reduce the level of risk from high injury (fatality or serious) to low injury (minor) .

### Take responsible actions

What were the controls you considered? Get a life vest? Take a safety course? Leave the beer at home in a cooler?

Taking responsible action basically means following through on the control decisions you made. "The best made plans of mice and men..." A well thought out plan is useless if it's not dutifully implemented.

Supervisors have even more responsibility. Not only must they look out for themselves, but they must also look closely at the sports and recreation activities of their subordinates.

In addition to addressing common activities, some activities may be high risk. In cooperation with unit commanders, supervisors must help to establish and enforce the High Risk Activities program to ensure personnel are fully aware of hazards associated with specific high-risk activities and the controls available to reduce the associated risks.

The High Risk Activities Guide is an available tool to assist commanders and supervisors. It can be found on the 82nd Training Wing Safety Web page.

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## We must be fit to take over on the front lines of battle

By Maj. Richard Ess

333rd Training Squadron

KEESLER AIR FORCE BASE, Miss. (AETC-NS) – When I joined the Air Force many years ago, the 1.5-mile run was the measure of fitness for Airmen.

At the time, one of my coworkers was slightly overweight and a heavy smoker. He exercised little or not at all, but every year he'd tough it out at the run and manage to pass the test. He crossed the finish line wheezing and gasping for breath, but he made it.

Years later, the Air Force adopted the bicycle test as its measure of fitness. That same coworker had to start exercising more often. At least for this guy, the bike test was successful, since it forced him to become more fit.

Today, we have a new, more rigorous fitness standard.

Air Force Chief of Staff Gen. John Jumper, in a series of Sight Pictures released last year, talked about the new fitness program as "preparing to meet the physical demands of our expeditionary

force" and "getting fit to fight".

I recently returned from an expeditionary deployment to Iraq. To me, those words really hit home.

During the deployment, many of us had to travel to other bases in and around Baghdad. We drove in open Humvees in temperatures that soared to more than 120 degrees, keeping our weapons ready to defend the convoy.

This wasn't the time to think about getting fit.

We're an expeditionary Air Force, and we all need to be fit.

In the Air Force in which I grew up, I always assumed I'd rely on the security forces to defend my base. That just isn't the way we do business today in a deployed environment. All Airmen are expected to play an active role in the defense of their base.

In Baghdad, during the highest force protection conditions, Airmen, sailors and soldiers were all expected to take shifts at the gates. Essentially, we were on the front line.

Every Airman needs to be prepared, fit and trained to take on this role.

## FITNESS

Continued from Page 1B

the results first hand.

"It gives you a lot of satisfaction to see someone like Mike," she said about his noticeable improvements. "He's lost the weight on his own, and then his run time has reduced drastically because of the weight loss."

"It usually took 15 to 16 minutes," Sergeant Moss said about his 1.5 mile run times. "I took my test the other day and I am already down to 12:38."

This increase in his overall fitness level has

given him a more positive outlook.

"Feeling positive about yourself (is) uplifting," he said. He said his goal is to continue to exercise and challenge his flight.

"I want to increase my time and I want to beat the youngest Airmen in my flight," he said.

Sergeant Robbins said the flight continues to exercise three times a week with an emphasis set on improvement.

"We're going to be doing it and we're going to be good at it," she said.



Photo by Sgt. Michael Wiener

### A sign of times

Recruiting Stations Pittsburg and Harrisburg maximized Marine Corps visibility to thousands of spectators and the media by strategically placing banners on the scorers' tables. The Pennsylvania High School Wrestling State Championship, held in early March at Giant center in Hershey, Pa., also netted the Marines more than 500 age-qualified leads.

## Four Army pitchers combine on 2-0 shutout of Sacred Heart

Courtesy of the Army News Service

innings of perfect relief.

WEST POINT, N.Y. - Ben Mayhew, Wade Greenlee, Brad Johnson and Wes Bumgardner combined on a three-hit shutout and Army struck for single runs in the fourth and fifth innings as the Black Knights opened their home season on a positive note by defeating Sacred Heart 2-0, Tuesday afternoon at a blustery Doubleday Field.

Neither team could muster much offense on a chilly afternoon that saw wind chills dip into the low 30s. While Sacred Heart managed only two singles and a double while advancing just four runners into scoring position all game, Army managed just four singles on the day.

Army (9-8) turned away Sacred Heart's most serious scoring threat in the fourth inning after the Pioneers had placed runners at second and third on a double by Jamie Schilkowski and a two-base error by Army left fielder Milan Dinga. Greenlee then relieved Mayhew and induced Jason Maiella to fly out to center field. Schilkowski tagged and attempted to score from third on the play, but Bumgardner's one-hop throw from center field reached catcher Schuyler Williamson in time to nail Schilkowski at the plate.

Greenlee (2-0) was superb over the next three innings, retiring the next nine batters in a row. In all, the junior right-hander set down all 10 batters he faced, registering three strikeouts in firing 3.2

The Black Knights pushed across the game's first run in the bottom of the fourth inning when Williamson walked, stole second base and advanced to third when Pioneer catcher Josh Enos' throw soared into center field for an error. He scored on a sacrifice fly to deep right field by Walker Gorham. Army posted another run in the fifth when Kyle Scogin singled through the left side of the infield, stole second base and scored on a clutch two-out single to center field by Bumgardner. The single by Scogin marked Army's first base hit of the game.

Sacred Heart (0-13) did not place another runner on base until there was one out in the eighth inning. David Kaloyanides drew a walk against Johnson and stole second base. But Greg Delmonico struck out looking and Dinga made a leaping catch of Curtis Lewsey's liner to left to end the frame.

The Pioneers placed their leadoff hitter on base against Bumgardner in the ninth, but Dinga snared Schilkowski's slicing liner to left, pinch-hitter Eric Mittlestadt struck out and Anthony Diaz popped out to end the game. Bumgardner, who earned the win during Army's upset of No. 12 Florida in his previous pitching appearance, recorded his first collegiate save. He also collected one of Army's four hits and one of the Black Knights' two runs batted in, while throwing out a runner at the plate.

